

NUTRITION CARE DIVISION
FT CARSON MEDDAC – 2

SUNDAY 22 Aug 04	MONDAY 23 Aug 04	TUESDAY 24 Aug 04	WEDNESDAY 25 Aug 04	THURSDAY 26 Aug 04	FRIDAY 27 Aug 04	SATURDAY 28 Aug 04
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BREAKFAST: Fruit♥, juice, hot/cold cereal♥, toast♥, english muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef, country fried steak.

LUNCH:

Soup de Jour Roast Turkey♥ Grilled Ham Mashed Potatoes♥ Sweet Potatoes♥ Turkey Gravy Green Beans♥ Cakes, Pies, & Cookies	Chicken Noodle Soup Chicken Tortilla Soup Chicken Fajitas♥ Roast Beef Brown Gravy Mashed Potatoes Spanish Rice♥ Mexican Corn Carrots♥ Hot Rolls♥ Cakes, Pies, & Cookies Pasta Bar Chef Salad	Garden Vegetable Soup Baked Potato Chowder Beef Bulgogi Baked Fish♥ Chicken Parmesan Fried Rice Oven Brown Potatoes♥ Egg Rolls Oriental Vegetables♥ Spinach♥ Hot Rolls♥ Cakes, Pies, & Cookies Potato & Gyro Bar Hot Wings Chicken Caesar Salad	Tomato Florentine Soup Chicken & Dumpling Soup Teriyaki Chicken♥ Fried Chicken Corn Beef & Cabbage Boiled Potatoes Steamed Rice♥ Cabbage Carrots Broccoli♥ Dinner Roll♥ Cakes, Pies, & Cookies Pasta Bar Oriental Chicken Salad	Chicken Noodle Soup Black Bean Soup Chicken with Pasta♥ Meatloaf Grilled Reuben Sandwich Mushroom Gravy Mashed Potatoes Asparagus Garden Vegetable Blend♥ Broasticks♥ Cakes, Pies, & Cookies Taco / Nacho Bar Hot Wings Greek Salad	Boston Clam Chowder Minestrone Soup Steamship Round Au Jus♥ Shrimp Creole Fried Fish Potatoes Au Gratin Steamed Rice♥ Okra & Tomato Green Beans♥ Cornbread Cakes, Pies, & Cookies Hot Wings & Gyro Bar Chef's Salad	Soup de Jour Roast Beef♥ Fried Chicken Gravy Mashed Potatoes♥ Glazed Carrots♥ Peas & Onions Hot Rolls♥ Cakes, Pies, & Cookies
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LUNCH : Salad Bar **Weekdays** *Short Order:* Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips and Bread, Fruit♥, Ice Cream Novelties

Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

DINNER: “MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Grilled Chicken Sandwich♥ Beef Burgundy Buttered Noodles Vegetable Medley♥ (Broccoli, Cauliflower, Carrots) Cakes, Pies, & Cookies	Chicken Noodle Soup BBQ Chicken Baked Chicken♥ Parsley Rice♥ Summer Squash♥ Corn Cakes, Pies, & Cookies	Garden Vegetable Soup Roast Turkey♥ Turkey Gravy Bread Dressing Mashed Potatoes♥ Green Beans♥ Cakes, Pies, & Cookies	Chicken & Dumpling Soup Oriental Beef♥ Steamed Rice♥ Carrot Coins Oriental Vegetables♥ Cakes, Pies, & Cookies	Chicken Noodle Soup Grilled Pork Chop♥ Oven Browned Potatoes♥ Vegetable Medley♥ Cakes, Pies, & Cookies	Boston Clam Chowder Marinated Flank Steak Mashed Potatoes Broccoli♥ Cakes, Pies, & Cookies	Soup de Jour Chicken Parmesan Grilled Chicken Sandwich♥ Ziti Pasta w/Marinara Sauce Zucchini♥ Garlic Bread Cakes, Pies, & Cookies
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HOURS:	BREAKFAST:	Weekdays: 0600-0830	LUNCH:	<i>Weekdays:</i> Full Menu Self Service/ Short Order	1 100-1300 1300-1400	DINNER:	Full Menu 1600-1730
MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division							

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)

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